

# Resilience: Navigating Life's Challenges

Adversity is a natural part of life. Everyone faces difficulties at some point. Learning new ways to adapt and bounce back is critical to growing and thriving in life. Here are some ways to build resilience:

1 **THINK KINDLY.** Practicing positive attitudes and emotions is very important. Think to yourself, “I am capable and deserve to be successful” rather than focusing on what could go wrong.

2 **ASK FOR HELP.** Don’t be afraid to ask a parent, trusted adult at school, or friend for help when you need it. We all need help sometime and you can be there for someone else, too.

3 **EXPRESS YOURSELF.** Expressing our emotions appropriately, even negative ones, is healthy. Talk with someone you trust or find a creative outlet through art, writing, or music. Remember aggression and violence are never okay.

4 **STAY HEALTHY.** Healthy eating habits, regular exercise and adequate sleep can help reduce stress. Regular exercise also decreases negative feelings like anxiety, anger, and depression.

5 **FOCUS ON YOUR STRENGTHS.** Identify some of your personal strengths as well as what you have done in the past to cope when you were worried or upset.



**6 DO SOMETHING YOU ENJOY.** Having fun, stretching ourselves, and connecting are important. Engage in a sport or activity, listen to music, read or write, or simply hang out with friends.

**7 SHOW GRATITUDE.** Being grateful improves our attitude towards ourselves and others. Say “thank you” to people who have helped you personally or someone in your school or community who has made a difference.

**8 IMPROVE YOUR PROBLEM SOLVING SKILLS.** Think through what happened after a disappointing event. Ask yourself what you did right, not just what you may have done wrong. Consider additional steps that might be more effective next time.

**9 DEVELOP PEACE BUILDING SKILLS.** Join a conflict resolution and peer mediation group at your school. Find a faculty mentor to start a group if one does not exist.

**10 DO SOMETHING POSITIVE FOR OTHERS.** Contributing helps us feel more in control and connected. Consider volunteering at a local shelter or community center or get involved with a service program at school or through your faith community.

